1) # Physical Assessment of Shoulder Joint

Anatomy

Shoulder joint :- The shoulder joint include the shoulder girdle as a hole because if any parts of the shoulder girdle gates affected it affect the function of shoulder joint.

2) Examination :-

1) Regional examination - Skin colour,
- limb nodes.
- Redness.
- Pain.

2) local examination - joint attitude, inspection.
- palpation.
- ~~tend~~ ROM by the use of goniometer.
- MMT
- ~~xe~~

3) Radiological investigation -
1) X-ray
2) Arthroscopy.
3) MRI.

3) Special Test :-

1) Scarf Test :-

i) Starting position - pt is sitting or standing position.

→ Examiner stand at the side of the pt.

2) Method - Examiner ask the pt to performe

Scanned with ACE Scanner

active horizontal flexion or extension of shoulder joint.

* Significance :- If the pt complain of pain during the movement it indicate any pathology in the AC joint [acromio clavicular]

ii) HAMILTON RULER TEST :-

i) Starting position - pt is in standing position with adequate exposure of the shoulder joint.

→ The examiner stand at the site or in front facing the pt arm.

ii) Method - The examiner places straight ruler over the affected arm of the pt & note the ruler can touch the 'acromian process' & 'lateral epicondyle' of the humerus at the same time or not.

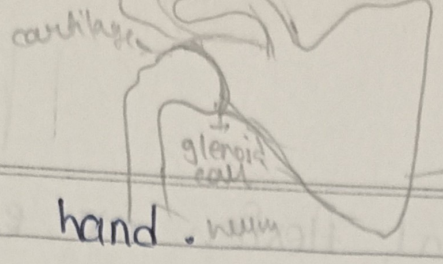
iii) Significance - In a normal shoulder a straight ruler can not touch both the prominance at the same time due to the prominant deltoid bulge.

iii) DUGAS TEST :-

i) Starting position - pt is in standing position with both ~~are~~ the arm at the site & shoulder level.

ii) Method - The pt is asked to flex the affected shoulder & elbow try to touch opp. shoulder

Scanned with ACE Scanner



Date
Page

Hip with the hand.

* Significance :- If the pt cannot performe flexion & falls to touch the opp. shoulder. It indicate positive test for DUGAS.

24/8/21

iv) MILITARY POSTURE :-

Starting position - The pt is in relaxed standing position. The examiner ask the method. pt to depress & retract the shoulder. & monitored radial nerve.

Significance - any obliteration or slowing of pulse or the onset of symptoms indicate a positive test for TOS [thoracic outlet syndrome]

v) ADSON'S TEST :- [TOS] के लिए].

Starting position - The pt is asked to sit on a stool the examiner stands at the side of the pt & palpate his radial pulse.

Method :- now the examiner ask the pt to take deep inspiration look up towards the opposite side & stretch the opp. hand backward at the same time examiner palpate the radial pulse of the extanded limb.

Significance → Same as Military Posture.

vi) Anterior drawer or Posterior drawer :-

Starting position - pt is asked to lie supine with arm 30° abduction, 45° external

Scanned with ACE Scanner

rotation & slight flexion.

→ The examiner grasp the humeral head with one hand & stabilize the shoulder girdle with the other hand.

Method - The examiner applies & anterior translation force with the hand at the humeral head.

Significance - an excessive ant. translation due to lax ~~tacks~~ joint is a positive sign.

2) Posterior drawer -

S.P - Pt with supine lying with the shoulder joint at the edge of couch with 30° abduction -

Method - examiner apply post. pressure on the ant. aspect of the humeral head.

Significance - ~~shoulder laxity~~ An excessive posterior translation due to lax joint is a positive sign.

25/8/21